

IDAHO CONTENT STANDARDS
GRADE 3
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 1.1: Acquire the essential skills to lead a healthy life.	3.H.1.1.1 Recognize the importance of fitness for overall wellness. (796.01.a)	3.H.1.1.2 Describe diseases and disorders. (796.01.b)	3.H.1.1.3 Identify and practice rules and procedures for safe living. (796.01.c)	3.H.1.1.4 View each person as a unique and special human being whose behavior can enhance or detract from a group, family, or community. (796.01.d)	3.H.1.1.5 Identify reasons why drugs and medicines are misused and abused. (796.01.e)	3.H.1.1.6 Identify the relationship between nutrition and well-being. (796.01.f)	3.H.1.1.7 Explore how the body changes as one grows. (796.01.g)	3.H.1.1.8 Adjust to family changes in healthful ways. (796.01.h)	3.H.1.1.9 Identify how health information, products, and services are made available. (796.01.i)	3.H.1.1.10 Identify the effects of pollution on the environment. (796.01.j)	

Standard 2: Risk Taking Behavior

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	3.H.2.1.1 Recognize ways of limiting the spread of illness. (797.01.a)	3.H.2.1.2 Identify how behavior affects physical, mental, and emotional health. (797.01.b)	3.H.2.1.3 Demonstrate methods of dealing with temptations, curiosity, peer influence, and harmful risk-taking. (797.01.c)	3.H.2.1.4 Identify risky behaviors present within family, friendships, and the community. (797.01.d)							

Standard 3: Communication Skills for Healthy Relationships

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	3.H.3.1.1 Describe how behaviors are affected by others’ feelings. (798.01.a)	3.H.3.1.2 Demonstrate refusal and decision-making skills. (798.01.b)	3.H.3.1.3 Explain effective ways families, friends, and communities communicate. (798.01.c)								

Standard 4: Consumer Health

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	3.H.4.1.1 Identify different types of health services. (799.01.a)	3.H.4.1.2 Describe the need to follow directions on product labels. (799.01.b)	3.H.4.1.3 Explore various health care careers. (799.01.c)								

Standard 5: Mental and Emotional Wellness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6	Objective 7	Objective 8	Objective 9	Objective 10	Objective 11
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	3.H.5.1.1 Describe appropriate actions in response to one’s own emotions. (800.01.a)	3.H.5.1.2 Identify ways that people are unique and worthwhile, both physically and emotionally. (800.01.b)	3.H.5.1.3 Recognize the benefits of exercise and how it enhances mental and emotional health. (800.01.c)	3.H.5.1.4 Describe ways of keeping one’s self safe. (800.01.d)	3.H.5.1.5 Recognize the impact of drug use. (800.01.e)						

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